

Does someone you know need help to continue living at home?  
Discover Options Counseling

# You have some very good



# Choices in Living

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the Aging and Disability Resource Center grant*



Being able to live at home  
around family and friends:  
that's what the **Choices in Living**  
programs are all about.



“I didn’t belong  
in a nursing home.”

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Call toll-free for more information: 1-866-801-3435

## Introduction

“I know they only want what’s best for me, but do I have any *other* choices?”



▶ If you’re thinking about moving into a nursing home, *make sure that you consider all your options first!* And, even if you’re *already in* a nursing home, you *still have choices*. You may be able to move into a different living situation that you find more enjoyable and less expensive.

Providing you with helpful information about the many choices that are available to you is what the **Options Counseling for Long-Term Care** program is all about.

▶ Through Options Counseling, you’ll learn about the different **Choices in Living** programs. Each one is designed to provide a different level of care depending on your individual needs. And, best of all, you receive this care while you continue to live in your own community around friends and family.

▶ So, a nursing home is definitely *not* your only option.

In fact, the **Choices in Living** programs are all *alternatives* to living in a nursing home. And, each one is *considerably* less expensive than nursing home care.

Most people don’t want to live in a nursing home if they don’t have to, and medical studies support them. These studies show that people tend to stay healthier and happier longer when they remain in their homes or communities.

▶ Please take a few minutes to read about the **Choices in Living** programs. They give you some very good options to living in an institution.

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Here's a brief description of each **Choices in Living** program to help you find the one that's best for you:

▶ **ElderChoices**

For individuals 65 and older. You receive the care you need in your home and community while you live independently or with family.

▶ **Alternatives for Adults with Physical Disabilities**

You arrange for your own care and possible modifications to your home, while you live independently or with family.

▶ **Living Choices (Assisted Living)**

For individuals 65 or older, or over 21 and blind or physically disabled. You live in apartment-style housing with 24-hour support services, supervision and personal care.

▶ **IndependentChoices**

For individuals over 18 who need the services of a personal caregiver. You arrange for your own care and receive a direct cash allowance to pay for it, while you live independently or with family.

▶ **Personal Care**

Individuals of any age may qualify for Personal Care, as long as you have a medical need for help in bathing, dressing, preparing meals, etc. The care you need is *arranged for you* and provided while you live independently or with family.



## ElderChoices

“But, I don’t want to be a burden.”

### ► Other Services

These include **Targeted Case Management**, where experienced case managers help you receive the personal services, medical equipment and supplies you may need.

## About ElderChoices

This program offers in-home and community-based care while you live independently or with family. As its name suggests, it is designed primarily for the elderly.

**ElderChoices** takes the worry out of trying to arrange for the services you need. The program provides a high level of care to keep you healthy and living in familiar and comfortable surroundings.

### **ElderChoices provides the following services:**

- ✓ Nutritious, prepared meals delivered to your home (when you can’t prepare your own meals and don’t have someone available to do it for you)
- ✓ Help with laundry, shopping, errands, simple household tasks and meal preparation
- ✓ The opportunity to make new friends during supervised adult day care

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# ElderChoices

- ✓ Enjoyable activities to keep you fit and healthy at adult day health care
- ✓ Regular visits from agency workers to give your family and friends time to rest and relax from the responsibilities of your care
- ✓ Enrollment in the Personal Emergency Response System (PERS) to give you peace of mind in knowing that help is always available
- ✓ Participation in the Adult Foster Care program. This provides a safe family living environment where you receive the help that you need, if you can't live alone and have serious health issues

## Eligibility

To be eligible for **ElderChoices**, you *must*:

- ▶ Be age 65 or older
- ▶ Require nursing home *intermediate level of care* (The definition of this term can be found on page 18).
- ▶ Have a maximum income of *no more than three times* the SSI (Supplemental Security Income) rate, which changes annually. This year's amount can be found in the printed insert on the *inside* back cover of this booklet.
- ▶ Have a medical need for at least one of the **ElderChoices** services

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# Alternatives

“I use a wheelchair now,  
but my house wasn’t designed for that.”



## About Alternatives for Adults with Physical Disabilities

**Alternatives** is a program designed specifically for adults with physical disabilities. The program allows *you* to direct the type of care that you receive, since you know your needs better than anyone.

The goal of **Alternatives** is to enable you to live independently, and to continue to enjoy the companionship of your friends and loved ones.

### Alternatives provides the following services:

- ✓ Help with normal daily activities from a caregiver of *your* choice
- ✓ Case managers to help you hire, train, supervise and manage your caregiver
- ✓ Physical modifications or changes to your home to improve accessibility and increase your independence

### Eligibility

To be eligible for **Alternatives**, you *must*:

- ▶ Be between the ages of 21 and 64
- ▶ Be declared physically disabled

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## Alternatives

- ▶ Require nursing home *intermediate level of care* (The definition of this term can be found on page 18).
- ▶ Have a medical need for at least one of the **Alternatives** services
- ▶ Have a maximum income of *no more than three times* the SSI (Supplemental Security Income) rate, which changes annually. This year's amount can be found in the printed insert on the *inside* back cover of this booklet.

“I want to choose my own caregiver.  
How can I do that?”



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## Living Choices

“My family still says that I’d be safer in a nursing home. Is that right?”

### About **Living Choices** (also known as Assisted Living)

**Living Choices** allows you to live in apartment-style housing with 24-hour supervision, support services and health care when living on your own or with family is *not* an option.

With this program, you make your own decisions and live independently, while receiving the care and support that you need. You also have the opportunity to socialize and make new friends with those living near you.

#### **Living Choices provides the following services:**

**Living Choices** offers many services to keep you healthy and happy. For example, if you need help getting around, bathing, toileting or eating and drinking, a trained individual at the residence is always available to help you. That’s comforting to know.

Other services and supports include:

- ✓ Social activities at your residence
- ✓ Help with medications
- ✓ Transportation
- ✓ And, much more

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# Living Choices

## Eligibility

To be eligible for **Living Choices**, you *must*:

- ▶ Be age 65 or older **OR**
- ▶ Be between the ages of 21 and 64 **AND** declared blind or physically disabled
- ▶ Require nursing home *intermediate level of care* (The definition of this term can be found on page 18).
- ▶ Have a maximum income of *no more than three times* the SSI (Supplemental Security Income) rate, which changes annually. This year's amount can be found in the printed insert on the *inside* back cover of this booklet.
- ▶ Have a medical need for at least one of the **Living Choices** services



“I feel more comfortable,  
and care is there if I need it.”

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# IndependentChoices

“I like to be able to arrange for my own care.”



## About IndependentChoices

**IndependentChoices** provides a *direct cash allowance* for you to arrange and pay for your own care, while you live at home or with family. With this allowance, you may hire friends, relatives or other caregivers to help you with your daily personal care. It's *your* decision.

The cash allowance may also be used to purchase goods and services that you need.

### **IndependentChoices provides the following services**

Because you are responsible for arranging your own care in **IndependentChoices**, you choose:

- ✓ Your caregiver
- ✓ When your caregiver works
- ✓ What your caregiver does for you
- ✓ How your caregiver takes care of your needs
- ✓ Any other items that support your care and independence

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## Eligibility

- ▶ To be eligible for **IndependentChoices** you must:
- ▶ Currently receive, or be eligible for, Arkansas Medicaid benefits
- ▶ Be age 18 or older
- ▶ Need personal assistant services
- ▶ Be interested in directing your own care

“I can live at home with my family providing the care that I need.”



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## Personal Care

“What if I need just a little help?”

### About Personal Care

With **Personal Care**, help from trained caregivers is *arranged for you*, so that you can stay healthy and live comfortably on your own or with family.

#### Personal Care provides the following services:

**Personal Care** offers hands-on, personal assistance in your home. Services and supports include medical care, as well as help with daily activities such as:

- ✓ Bathing
- ✓ Dressing
- ✓ Eating
- ✓ Preparing meals
- ✓ And, much more

#### Eligibility

*Anyone, regardless of age*, may be eligible for **Personal Care**, but he or she *must*:

- ▶ Currently receive, or be eligible for, Arkansas Medicaid benefits
- ▶ Have a medical need for the types of personal care listed above

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## Other Services

“Who can I ask about this?”



## About Targeted Case Management

In **Targeted Case Management**, you receive assistance in getting the care that you need. Knowledgeable case managers help you find and get the services that best meet your individual needs, so that you remain independent at home or live with family.

### What Targeted Case Managers can do for you

**Targeted Case Managers** will:

- ✓ Meet with you to identify your personal needs
- ✓ Stay in contact with you in case your health needs change
- ✓ Make the appropriate contacts to arrange for the services that you need
- ✓ Monitor the services that you are receiving to make sure that your needs are being met

## About Durable Medical Equipment and Supplies

With **Durable Medical Equipment (DME)/Medical Supplies**, you are provided with medical supplies or other equipment to meet your needs so that you can stay healthy, independent and out of a nursing home.

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# Options Counseling

## About Options Counseling

**Options Counseling** is administered by the Arkansas Department of Human Services, Division of Aging and Adult Services, to help individuals stay independent and still get the assistance that they need.

**Options Counseling** is a *free service*. However, the programs available through **Options Counseling** are paid for by the Arkansas Medicaid program.

## About Medicaid

**Medicaid** is a joint, federal/state program that is designed to pay for long-term care for older Americans with lower incomes and higher health-care expenses.

To qualify for **Medicaid**, you must meet specific income and asset limits.



“How much is all this going to cost me ?”

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### More about the Choices in Living programs

If you feel that one of these programs might benefit you, please contact the **Choices in Living Resource Center** at **1-866-801-3435**.

You will be asked to provide information regarding your needs, medical history, finances and other information. This information is necessary so that the Department of Human Services representative can guide you to the program that is best suited to you. Rest assured, the information that you provide will be kept strictly confidential.

Some questions that you will be asked include:

- ▶ What is your income?
- ▶ What are your total assets?
- ▶ Do you own your own house or rent?

So, please have this information available when you call.

Depending on your specific circumstances, the DHS representative will explain how to apply for a program, or refer you to a nurse or other office to obtain more detailed information.

“I need to talk to someone  
about my options.  
Who do I call ?”



Call toll-free for more information: 1-866-801-3435

### The Objectives of the Choices in Living Programs

- ▶ The first objective of the Department of Human Services – Division of Aging and Adult Services is to provide you with information about available programs — information that you can use to make a smart decision regarding your care.
- ▶ We want you to stay healthy and *independent* as long as possible.
- ▶ We want you to know that you have *many good*, and *less expensive*, options that are alternatives to a nursing home.
- ▶ So, make your own choice about your future care.  
Call the **Choices in Living Resource Center**  
at **1-866-801-3435** today.

# The Definition of Nursing Home Intermediate Level of Care

To qualify for Medicaid long-term care, you must meet **AT LEAST ONE** of the following three criteria (definitions of these terms begin on the next page):

- ▶ 1. You require **extensive assistance from, or total dependence upon, another person** *in at least one* of the following Activities of Daily Living:

- Transferring / locomotion
- Eating (this doesn't include meal preparation)
- Toileting

**Or...**

You require **limited assistance from another person** *in at least two* of the following Activities of Daily Living:

- Transferring / locomotion
- Eating
- Toileting

- ▶ 2. You have a **primary or secondary diagnosis of Alzheimer's disease or related dementia**, and you are **cognitively impaired** so as to require substantial supervision from another person because you engage in inappropriate behavior that poses serious health or safety hazards to yourself or to others;
- ▶ 3. You have a **diagnosed medical condition** that requires **monitoring or assistance** at least once a day by a licensed medical professional, and your condition, if left untreated, would be life-threatening.

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## Important Definitions

### **Eating**

*Means* the intake of nourishment and fluids, *excluding* tube feeding and total *parenteral* (outside the intestines) nutrition. This definition does not include meal preparation.

### **Extensive Assistance**

*Means* that you would not be able to perform or complete the Activity of Daily Living without another person to aid you in doing so by providing weight-bearing assistance.

### **Limited Assistance**

*Means* that you would not be able to perform or complete the Activity of Daily Living three or more times per week without another person to aid you in performing the complete task by guiding or maneuvering your limbs or by other non-weight-bearing assistance.

### **Locomotion**

*Means* the act of moving from one location to another, regardless of whether the movement is accomplished with aids or devices.

### **Substantial Supervision**

*Means* the prompting, reminding or guidance of another person to perform a task.

### **Toileting**

*Means* the act of emptying your bowels or bladder, and includes *the use of* a toilet, commode, bedpan or urinal, *transfers on and off* a toilet, commode, bedpan or urinal, *cleaning* yourself afterward, *changing* incontinence pads

**Toileting** *(continued)*

or diapers, managing ostomy or catheters, and adjustment of your clothing afterward.

**Total Dependence**

*Means* you need another person to completely and totally perform Activity of Daily Living tasks for you.

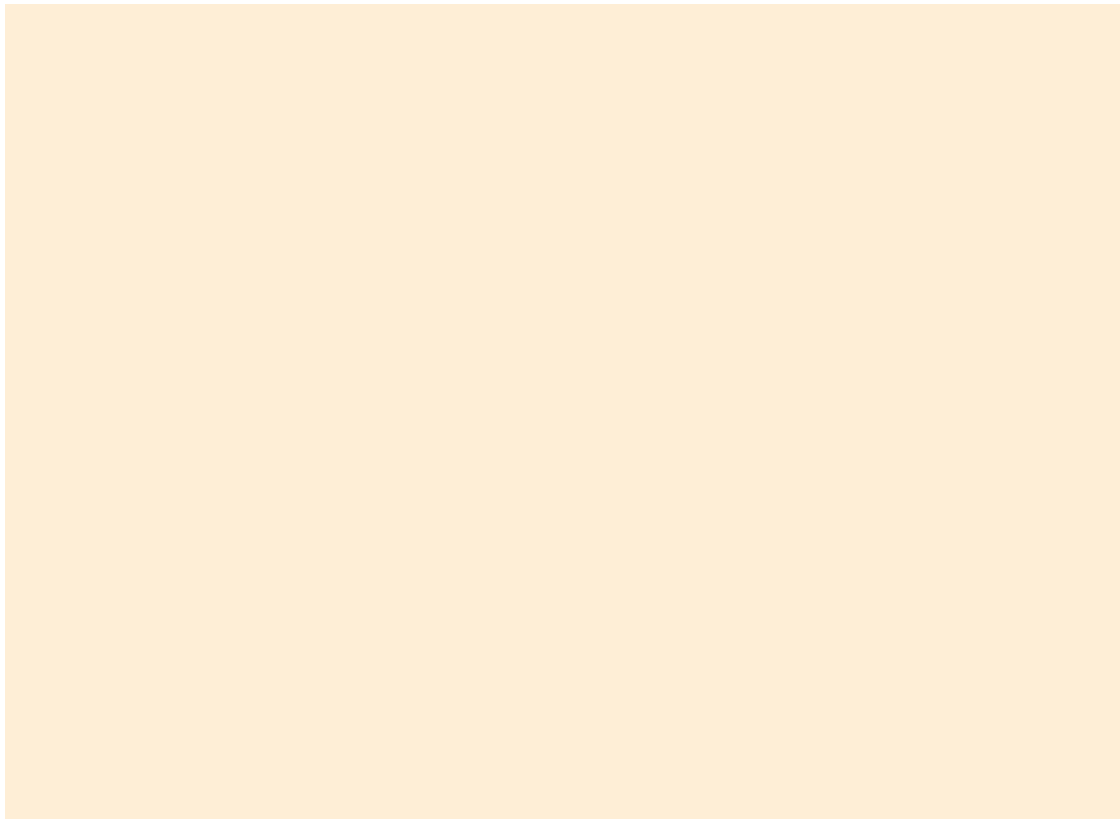
**Transferring**

*Means* when you move from one place to another, and includes getting up and moving from a chair, bed, wheelchair, walker or other locomotion device.

“It’s so much better to get the care you need from someone who loves you.”



## SSI Annual Income Requirements



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# CHOICES *in Living*

*RESOURCE CENTER*

Call toll-free: 1-866-801-3435

8 a.m. to 4:30 p.m.

Monday through Friday



Division of Aging and Adult Services